

UCOOK

Sweet Citrus Duck

with charred baby marrow & toasted almonds

Citrus sauce and crispy duck are one of those classic combinations that will always please the palate. In this recipe, you will make both ingredients shine by serving it up with oven-roasted sweet potato chunks, charred baby marrow, and scatterings of toasted almonds. Impressive, Chef!

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Samantha du Toit

Adventurous Foodie

Bertha Wines | Bertha Sauvignon Blanc

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Ingredients & Prep

200g	Potato <i>rinse & cut into chunks</i>
40ml	Citrus Sauce <i>(20ml Orange Juice, 10ml Lemon Juice & 10ml Honey)</i>
5g	Fresh Ginger <i>peel & grate</i>
5ml	Spice Mix <i>(2,5ml Ground Cinnamon & 2,5ml Ground Nutmeg)</i>
1	Free-range Duck Leg Quarter
10g	Almonds
100g	Baby Marrow <i>rinse, trim & cut into wedges lengthways</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel

1. ROAST POTATO Preheat the oven to 200°C. Spread the sweet potato chunks on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

2. SPICED CITRUS SAUCE In a small bowl, combine the citrus sauce with the grated ginger and the spice mix.

3. DUCK DUCK GO! Pat the duck dry with paper towel and season. Using a sharp knife, score the fat by cutting slits through the surface of its skin on both sides in a broad cross-hatch pattern, without cutting too deep and piercing the flesh. Place the duck leg in a cold pan without oil (the duck will render its own fat). Place over medium heat and let the duck fat render while the pan heats up. Sear until the skin is crispy, 5-6 minutes per side. Remove from the pan and roast in the hot oven until cooked through, 30-35 minutes. In the final 5-10 minutes, baste with ½ the spiced citrus sauce.

4. TOASTED ALMONDS Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

5. CHARRED MARROWS Return the pan to medium heat with a drizzle of oil. When hot, fry the baby marrow wedges until charred, 3-4 minutes per side. Remove from the pan and season.

6. LOOKING GOOD, CHEF! Plate up the duck drizzled with the remaining spiced citrus sauce. Side with the sweet potato chunks and the charred baby marrow. Garnish with the toasted almonds. Wow!



Chef's Tip

Air fryer method: Coat the potato chunks in oil and season. Air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	443kj
Energy	106kcal
Protein	9.3g
Carbs	9g
of which sugars	2.7g
Fibre	1.5g
Fat	3.7g
of which saturated	1.1g
Sodium	32mg

Allergens

Tree Nuts

Eat
Within
3 Days